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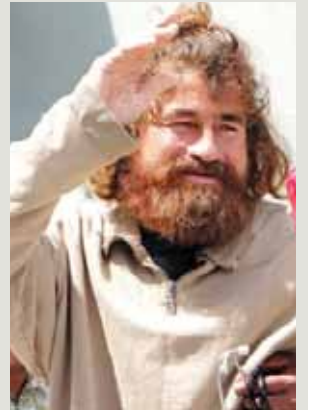
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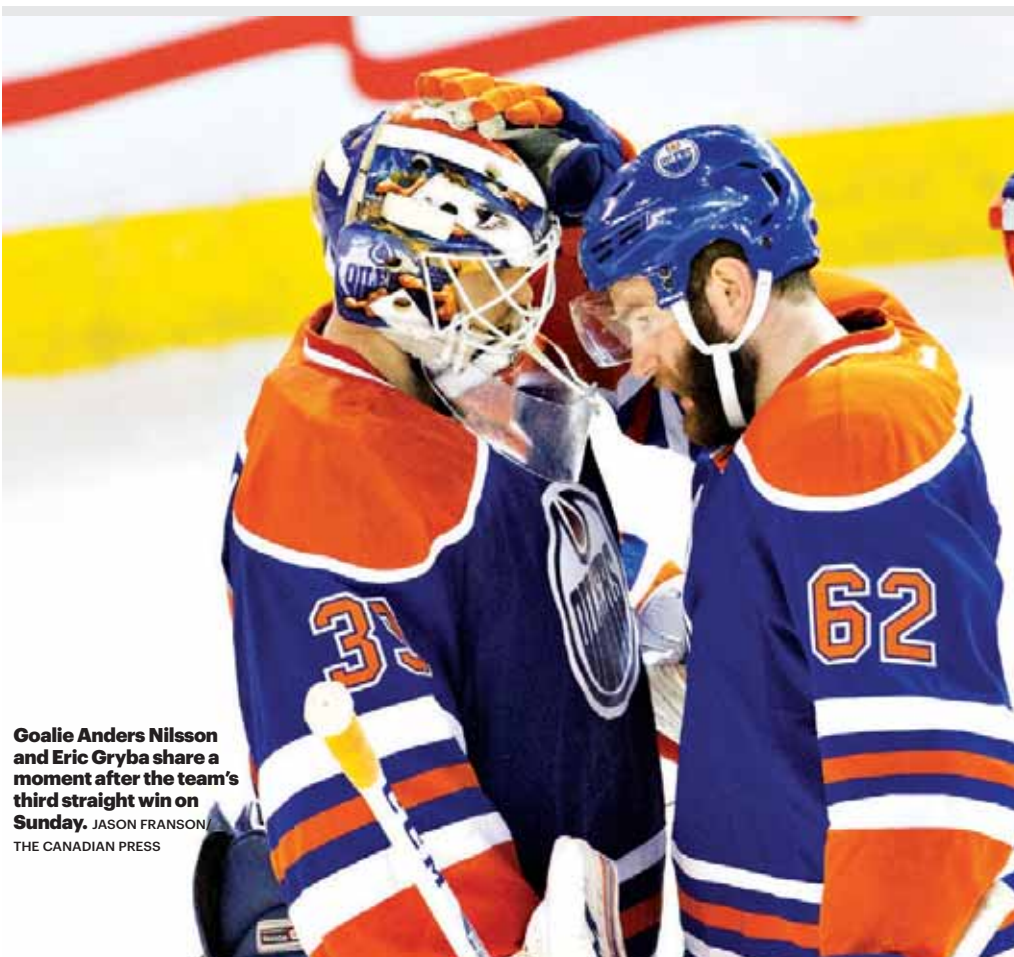
One man's incredible tale of survival

metroLIFE



Your essential daily news | MONDAY, DECEMBER 7, 2015

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Goalie Anders Nilsson and Eric Gryba share a moment after the team's third straight win on Sunday. JASON FRANSON / THE CANADIAN PRESS

THIRD TIME'S A CHARM

Oilers celebrate 4-2 win over the Buffalo Sabres **metroSPORTS**

Life-saving drug faces long review

FENTANYL

Medication helps to prevent overdose fatalities



Ryan Tumilty
Metro | Edmonton

It could be more than a year before a life-saving medication for fentanyl overdoses is available without a prescription — much longer than advocates and Health Minister Sarah Hoffman had hoped.

Last week, Hoffman asked the federal government to consider making naloxone, which can prevent opioid overdoses from becoming fatal, to be reclassified so it's available without a prescription.

Health Canada launched a review of naloxone earlier this year, but the time frame for it is approximately 18 months.

"The department commenced a review ... and is approaching this matter on an urgent basis," said Maryse Durette, a spokesperson for Health Canada in an emailed statement.

Alberta had 213 fentanyl overdoses in the first nine months of this year. Durette said they are concerned about the rising number of deaths and believe changing naloxone's status would help considerably in making it more available.

"A change in prescription status would be the first step in enabling provincial and territorial health authorities to make

+ SUSPECTED O.D.

In Edmonton this weekend, two men were found dead and another is in hospital after police were called to a Jasper apartment building. Staff Sgt. Randy Wickins said the death was not criminal in nature and believe it was the result of a drug overdose. He said the investigation is in the hands of the medical examiner.

naloxone more widely available within their jurisdictions," she said.

Hoffman said they want the review done quickly, but are also looking at other steps. "My office and ministry officials have been in contact with the federal government, asking them to fast-track their review of naloxone's prescription-only status, but we are also exploring all other options to increase access to this life-saving drug as soon as possible," she said.

Durette added the review is not Health Canada's only step to address the problem. "We're also supporting the Canadian Research Initiative in Substance Misuse, a national research network aimed at improving the health of Canadians living with substance misuse," she said.

The government is looking at education programs for prescribers of opioids, a national approach to the surveillance of prescription drugs and more pharmacy inspections.

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'I love you museum'

Albertans came out in droves to say goodbye to the Royal Alberta Museum at a special party this weekend. Metro was there to share in the last public event at the old museum as the institution prepares to move to a new space in 2017.



Braeden Jones
Metro | Edmonton

A 48-hour party to celebrate as many years in its current home smashed attendance records, as Albertans bid farewell to the old Royal Alberta Museum.

"It is staggering," said Executive Director Chris Robinson of the attendance numbers from the event.

Between 5 p.m. Friday and about 3 p.m. Sunday, 32,265 people visited the museum for the last time, by far the most visitors it has ever seen in such a duration.

The museum saw 16,290 people in the first 24 hours alone, eclipsing the previous single-day attendance record of 13,212, which was set in 1974 with gear from the Apollo moon landings on display.

And this weekend's visitors left messages and memories in a special feature gallery set up for tributes. The response was so great that the space had to be expanded as volunteers and staff realized more wanted to have their say.

Colourful notes papered the walls of a huge gallery, some hand written, others tapped out on typewriters.

Eight-year-old Kevin Ge went with the latter medium, and wrote that he still remembers his first visit and is "really happy" there. His mom, Helen Ge, said he insisted on attending the farewell bash.

"He's pretty proud to be a part of this party, because it will be closed for two years," she said. "He told me, 'Mommy, I really don't like to say goodbye.'"

Robinson said he spent a lot of time in the gallery reading the messages, which will all be saved.

"It's heartwarming," he said, not-



It's nice to see the museum matters. It really matters to Albertans, and to Edmontonians.

Chris Robinson
Executive Director

ing people from all ages have left notes about first dates, first jobs, and great memories.

"(One) is like, 'I love you museum,' and it's in a little child's scrawl.

"It's nice to see the museum matters. It really matters to Albertans, and to Edmontonians."

When Kevin is 10, in 2017, the museum will reopen downtown in a space twice as large with twice the exhibit space.

Robinson said the move was all about space, and having more of it "to tell more stories about Alberta's natural and cultural heritage" in the more-accessible heart of the city.



The thousands of notes on the "memory wall" will all be saved and archived to commemorate the celebration.

Every exhibit was crowded with people trying to see their favourite items for the last time before they're on display at the new location.

Kevin Ge types a farewell note on a vintage typewriter.

ALL PHOTOS BRAEDEN JONES/METRO



Many had their cameras out to capture their favourite displays for posterity.



The crowd favourite bug room was particularly busy.

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NAIT's expansion into Blatchford has been part of the community's plans since the beginning, as shown on this rendering. One of the school's major goals is to build a residence. CONTRIBUTED

NAIT facing \$107M bill for Blatchford land

DEVELOPMENT

School looking at 41 more acres of land



Northern Alberta Institute of Technology (NAIT) is looking at a price tag of at least \$107 million to expand its campus into the Blatchford neighbourhood.

The development's execu-

tive director Mark Hall told Edmonton City councillors \$107 million was the figure used during negotiations.

"That's the number we have been using for the land value that we have always been talking about," he said.

Hall said they believe that will be a fair price for everyone involved, for the roughly 41 acres the school is looking at in the development.

"We believe that represents the fair market value of land with the assumptions we are making about one consolidated purchase that will stand for their expansion plans for the foreseeable

future," he said.

Hall said the negotiations also have to work out when the land will be serviced and how the projects will be designed, so there is still a lot of work to do.

"It's not just a financial transaction. It has to be an integrated solution that works for how the Blatchford area can develop," he said.

In total the city is budgeting revenues of \$129 million in 2016 for land sales, including the large NAIT purchase. In future years without the NAIT purchase the projected sales numbers come down considerably to \$22 million

in 2017, \$29 million in 2018 and \$34 million in 2019.

Hall said as the project moves forward the sales, both the design and construction process will unfold together.

"Every year we will be designing land, every year we will be constructing something," he said.

NAIT spokesperson Frank Landry said the school has a number of different ways to pay for the land, but that's not their focus right now.

"We're still in negotiations with the city over Blatchford and funding won't be finalized until that process is complete."

HOMICIDE

Police lay charges

An Edmonton man is facing second-degree murder charges in relation to the death of Baljit Singh Bhamra on December 1.

Donovan Howard Wentworth was charged with second-degree murder after Bhamra was found last week in the hallway of a building at 4908-134 Avenue.

METRO

TRAFFIC SAFETY

Police traffic safety crackdown leads to thousand of tickets

Edmonton Police were writing close to 100 tickets an hour during their most recent crack down on traffic issues last month.

Of the total 2,316 traffic violations, police wrote 1,971 speeding tickets and 345 others for distracted driving, seat belt violations, traffic safety violations, impaired

driving and criminal code violations.

Compared to August of this year, during the last 'Big Ticket Event,' police handed out slightly more tickets with 2,534 violations.

With 13 pedestrian fatalities already this year, a number that hasn't been that high since 2007, police say that

Operation 24-hour is a reminder for drivers to slow down and make safe decisions.

The City of Edmonton and the Edmonton Police Service co-ordinate the events using officers and automated enforcement in an effort to make roads safer.

METRO

TRANSIT

City hopes monitoring solves escalator issues

Ryan Tumilty
Metro | Edmonton

Edmonton transit hopes better oversight will keep escalators in LRT stations running on time, but at least one city councillor isn't convinced.

The city plans to hire a new foreman to oversee contractors working on the escalators in a bid to keep them in service more often.

Dan Lawrysyn, Edmonton Transit's director of engineering and maintenance, said the hope is more direct supervision will result in fewer problems.

"The intention is to that on a day to day they will be interacting with the crews more often and actually looking at planning ahead," he said.

Lawrysyn said the city would ideally like to have someone

on staff to do the work, but finding and retaining qualified people would be a real issue.

"Part of the challenge is that there are so few individuals trained to do this work that when you do train someone, the outside companies come in and hire them away," he said.

Coun. Mike Nickel said the city should bring the work in-house, because there isn't enough competition in the escalator repair industry for the city to get value.

"This is one of these cases where you're dealing with a virtual oligopoly of companies," he said.

He said new employees could be signed up to longer-term contracts to get around concerns about them being poached. He said the city's approach is not going to work.

"From a business perspective that doesn't make any sense."

Part of the challenge is that there are so few individuals trained to do this work.

Coun. Mike Nickel



The city hopes a new supervisor will help keep escalators in Grandin Station operating regularly. KEVIN TUONG/FOR METRO



Infrastructure and transportation minister Brian Mason boards a St. Albert bus at a news announcement earlier this year. The City of St. Albert is looking for the province to make a decision on a land sale for the city. METRO FILE

St. Albert wants to move on land sale

POLITICS

Discussions are ongoing: Ministry spokesman

Ryan Tumilty & Braeden Jones
Metro | Edmonton

St. Albert councillors are prepared to scale back their plans for a park and ride facility near the Anthony Henday and spend \$6 million, as long as they can get the project moving ahead.

Last week, councillors moved to devote up to \$6 million for a

land purchase for the \$30-million facility in a bid to spur the project forward.

As planned the facility would have spots for 1,500 vehicles and could eventually be a station on a future LRT line. St. Albert had hoped the province would be willing to give the city the land on a long-term \$1-per-year lease.

The project has been on the books for more than five years, but the city has been waiting for the province to transfer the land. Mayor Nolan Crouse said council's decision to set the money for purchasing the land aside is about moving the project ahead.

"This is heading into Year 5 or 6, where we haven't been

able to get the land secured from the province for the park and ride, so we have just decided to play this card," he said.

Crouse said they would have to scale the project back to afford the land, which they would like to avoid, but they also don't want to endlessly delay it.

"Maybe someone from the province will finally step up and say this doesn't make any sense," he said. "It's ridiculous that the province, after five years of working with them, that this is the decision we are faced with."

Crouse said the city is comfortable with a long-term lease if for some reason the province doesn't want to permanently cede title.

He said the land was purchased for transportation and that should include transit.

"The province has purchased this land for transportation purposes and yet we can't get a 49-year lease or a 99-year lease."

Infrastructure minister Brian Mason's press secretary, Aaron Manton, confirmed discussions were ongoing, but didn't get into the details.

"Discussions for this property have occurred under the previous and current governments; however, a real estate transaction has not been concluded. Alberta Infrastructure strongly supports this initiative and is looking at all alternatives and technical issues that may need to be resolved," he said.

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City maintains 'solid' job growth

ECONOMY

28,000 jobs created in Edmonton since Nov. 2014

Tim Querengesser
Metro | Edmonton

Edmonton has created nearly 30,000 jobs over the past year in a province that's otherwise been shedding positions and in a country that has stagnated on job growth, according to new figures from Statistics Canada.

The jobs data, released Friday, confirms earlier economic outlooks for the region, said John Rose, the City of Edmonton's chief economist.

He said Edmonton has continued to rev as an economic engine while other parts of Canada have run out of gas due to its lack of direct reliance on the energy sector, its strong momentum going into the current downturn and its lucky timing with large infrastructure projects, including a



Despite an overall slowdown in the economy, hiring still taking place in Edmonton. METRO FILE

downtown revitalization that's one of the largest construction booms in the country.

"What we saw with November jobs numbers was a confirmation of a real trend," Rose said, Friday. "We've had seven months in a row of solid employment growth here in

Edmonton. Last month, we created almost 7,000 jobs — that's one of the strongest months I've seen since the recovery from the 2008-2009 recession."

Taken over the year, Edmonton's 28,000 new jobs since November 2014 account for nearly one-third of all jobs cre-

ated in Canada for the period. In comparison, Calgary has seen significant job losses, according to Rose.

The jobs are clustered in the construction sector, Rose explained, while the city's job losses are centred in the energy, manufacturing and

professional services sector.

In November, Baraba Engelbart McKenzie of the Leduc Nisku Economic Development Association told Metro the oil and gas service sector just south of Edmonton's core has shed about 5,000 jobs.

At the peak of oil prices in 2013, an estimated 30,000 people commuted from Edmonton and other parts of the region to Leduc and Nisku for jobs in its oil services companies.

Rose said jobs growth will likely continue into the first half of 2016, thanks to momentum caused by the city's recent growth in population and demands for things like housing and other infrastructure, which it is still catching up on meeting. But as the city enters the second half of 2016 and goes into 2017, his outlook is far less optimistic.

"When we get into the second half of 2016-2017, if we haven't seen a recovery on oil prices, it's not clear where momentum for growth will come," Rose said.

Next year is "going to be a much more choppy year than 2015 was."

17,000

Number of new jobs created in the construction industry in Edmonton from Nov. 2014 to Nov. 2015

3%

Rough percentage of Edmonton's population growth preceding the current downturn, which John Rose said is helping create jobs

7

Number of consecutive months Edmonton has created more jobs than it has lost.

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IN BRIEF

Man, child killed in car crash near Taber

A man and a child are dead, and three people are injured following a car crash in southern Alberta.

According to RCMP, to vehicles were travelling westbound — about 15 kilometres east of Taber — on Highway 3 at 7 p.m. Saturday. It appears a truck slammed into the back of a car that had stopped to make a left turn, according to a news release.

EMS said the front-seat passenger of the car — a man in his 30s — was dead on scene. Paramedics also declared the five-year-old boy, who was sitting in the back seat, dead on scene.

There were two survivors from the car: the driver — a woman in her 20s — and a three-year-old boy.

Taber RCMP and an RCMP collision analyst are continuing to investigate. METRO

Skiers find unconscious girl on hill

A nine-year-old skier is in critical condition after being airlifted by STARS to the Alberta Children's Hospital.

She was initially discovered on a hill on Mount Allan/Nakiska, after other skiers found her unconscious and unresponsive just after 1 p.m. on Sunday.

EMS was dispatched from Kananaskis and Nakiska ski patrol arrived within moments of being notified and initiated CPR.

EMS said it is still undetermined what led to her condition, though it is believed she crashed on the hill. They said no one else was involved in this incident. METRO



Edmonton's transit system is larger than the system Eddie Robar (inset) ran in Halifax, but he said he's up for the challenge.

METRO FILE (INSET: CONTRIBUTED)

New transit boss ready to get to work

CITY LIVING

Eddie Robar brings 14 years of experience from Halifax



Braeden Jones
Metro | Edmonton

Edmonton's new transit boss, Eddie Robar, had his first look at the fleet he'll manage this past week.

Robar was hired in October to replace Charles Stolte as

the head of Edmonton Transit, and comes off of a nearly 14-year career with the Halifax transit authority that saw him work his way up to the top job.

"(Edmonton) is flatter than Halifax," Robar joked about his first impression of the city, but added exploring it so far has him excited to get to work.

"For me, I am excited for the opportunity as I'm moving from a smaller city to a bigger city, (and the opportunities that come with the density," he said. "In Halifax you're dealing a lot more with



Moving people is moving people.

Eddie Robar

the rural-urban divide."

Robar met with some of his soon-to-be coworkers in city hall Thursday, and sat in on budget discussions to get a feel for the council he'll be reporting to.

He said he has an understanding of the projects underway and understands his mandate to improve the bus system to complement

the growing LRT network.

"There will obviously be an element of that (balance)," he said, but he is reserving answers for how he'll meet the challenge until after he starts work in January.

Halifax doesn't have LRT, but he says managing ferries across the harbour to Dartmouth in the past has given him a handle for multi-modal transit scheduling.

"Moving people is moving people," he said. "From a network perspective, my philosophy is about creating that integrated mobility network so the system thrives."

WINTER DRIVING

Road sand mix studied

The city may save tonnes of cash by changing the makeup of the tonnes of sand it uses on its roads next winter.

Currently, road maintenance crews use a combination of coarse sand, limestone, liquid calcium chloride and salt to provide traction.

Sand trucks distributed 92,913 tonnes of street sand last winter, along with 30,971 tonnes of rock chips, 21,194 tonnes of salt, and 185,480 litres of calcium chloride.

Last week, city council supported a plan to potentially reduce the rock chip component, which would effectively lower the cost by "approximately \$430,000," according to spokeswoman Maya Filipovic.

"(We) are doing a detailed study right now that is going to determine if the rock chips currently being used improves traction for drivers," she said. "If it determines it doesn't improve traction, they may be removed from the sand mix starting next winter."

Of the materials spread on streets, the sand and rock chips makes up the "abrasives" used to provide traction, and salt works as a deicer.

Salt use is reduced during colder winter months as it becomes less effective.

Filipovic said the study into the merits of the rock chips should be ready by mid-2016.

BRAEDEN JONES/METRO

133

The number of sanding trucks that operate in the city daily during winter months.

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Teens were given 5-hour Energy shots and their blood sugar level was monitored in a recent study. BRODIE THOMAS/METRO

Caffienated shots linked to diabetes

ENERGY DRINKS

U of Calgary research team tests group of 20 teenagers



Jeremy Simes
For Metro | Calgary

The controversy surrounding children consuming caffeinated energy drinks continues, as a University of Calgary researcher has found a link between diabetes and energy drink consumption.

Dr. Jane Shearer, associate professor in the faculty of kinesiology at the University of Calgary, said her study suggests caffeinated energy drinks could cause blood insulin levels to jump, ultimately making it harder for the body to regu-

late blood-sugar levels.

Shearer and her colleagues recruited 20 teenagers — 10 boys and 10 girls — who were to consume a caffeinated or decaffeinated 5-hour Energy shot. Forty minutes later, the groups was given a high dose of calories, which contained some sugar. The beverages were sugar-free.

After two hours of consumption, researchers would test the glucose levels.

They found teens who consumed the caffeinated energy shot had a 25-per-cent increase in blood glucose levels and a 26-per-cent jump in insulin levels, meaning they couldn't metabolize sugar as well as those who took the decaffeinated shot.

As a result, people's bodies are releasing more insulin to clear blood sugars when ingesting a "carbohydrate load" in the presence of caffeine,

she said.

Why is that concerning? Shearer said high glucose and insulin levels are factors that contribute to serious diseases, including Type 2 diabetes and cardiovascular disease.

It's more troubling for children and teenagers — they're smaller than adults, meaning they're more likely to ingest higher amounts of caffeine per kilogram of body mass, she said.

She noted caffeine found in energy drinks isn't the same kind that's in coffee. Caffeine in coffee is plant-based, where energy drinks contain a drug-format of the substance.

For the next trial, researchers will be getting adolescents to consume energy drinks that contain both caffeine and glucose. They'll be asked to drink two servings of "large format" energy drinks per day, or a regular drinks each day for three days.

them do chores or to accept help from neighbours.

Notley says the law would not require parents to register children for workers' compensation or regulate how farmers operated their households.

The premier says it was a mistake not to include that information in the bill, adding her government will soon introduce an amendment.

Notley says she takes responsibility for the miscommunication.

"It was a mistake that our intentions and these limitations were not included in the text of the bill," Notley wrote in the Facebook message posted Friday. "Between what was explicitly stated and what was intended, fear and miscommunication has filled the gap. I take responsibility for that."

Notley's letter follows a week of angry protests by farmers and their supporters, including rallies at the legislature. THE CANADIAN PRESS

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The Power to Surprise



Refugees say that it's a shock to arrive in winter

WEATHER

Agencies collecting coats, gloves, hats, boots

It was a frigid February in 1985 when Getachew Woldeyesus arrived in Saskatchewan as a refugee.

The young man from Ethiopia stayed inside for two months.

"Because you don't know, is it slippery out there? Are you wearing the right shoes? It's freezing out there, so I was afraid to go out," Woldeyesus recalled in an interview with The Canadian Press.

Weather-related challenges will no doubt face many of the 25,000 Syrian refugees the federal government has committed to bring to Canada by early next year. Social agencies, church groups and private citizens across the country have been

organizing donations of clothing with an emphasis on coats, gloves, hats and winter footwear.

Woldeyesus was 19 when he fled his home country in 1980 because of a civil war. He spent a few days in Sudan and a few years in Italy before finally being approved to resettle in Canada.

It was difficult to leave his family behind and make the dangerous journey.

When he finally got to Regina, Woldeyesus received support from the Regina Open Door Society. A volunteer mentor helped him get through the winter.

"The volunteer was more encouraging and he was more supportive. He was always with me and trying to show me how to dress properly for winter. Also, Open Door provided a lot of information so, using that, I was able slowly to go out," said Woldeyesus, who is now the society's manager of settlement and family services.



A motorist attempts to move his car in Halifax on March 18. Weather-related challenges will no doubt face many of the 25,000 Syrian refugees the federal government has committed to bring to Canada by early next year. THE CANADIAN PRESS FILE

"The first winter was better. The second ... you started getting used to it. But of course it's shocking for the people to arrive in winter."

Ali Abukar agrees. Abukar fled Somalia and lived in Egypt as a refugee before arriving in Canada

in 2011. He lived in Ontario before moving to Saskatoon in the winter of 2013.

"I think what also made it very difficult for me was the wind chill," he said.

Abukar, who is now executive director at the Saskatoon Open Door Society, said

sometimes refugees and immigrants don't know what clothes to wear in the winter.

"We bring nurses or people who can talk about the problems that people can get exposed to if they don't dress properly," said Abukar.

THE CANADIAN PRESS

TERRORISM

Report flags protests

Intelligence officials are concerned that extremists might infiltrate peaceful anti-petroleum protests to "incite violence," a newly disclosed assessment indicates.

The federal analysis of threats to the passenger rail system introduces a new twist to the often tense debate over state scrutiny of environmental demonstrators — that otherwise harmless activists might unwittingly harbour dangerous terrorists.

The assertion — contained in a Transport Canada intelligence report — led one defender of civil liberties to ask whether there is evidence to support it.

"I do think it's dangerous to start painting activism as a potential cover for terrorist activities," said Cara Zwiell, director of the fundamental freedoms program at the Canadian Civil Liberties Association.

The Canadian Press recently obtained a copy of the six-page, November 2014 analysis by Transport's security intelligence assessment branch.

THE CANADIAN PRESS

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66% Spike In Recent Foreclosures Plus Aging Baby Boomers Downsizing Creating Discounted Property Frenzy In U.S.

New Real Estate Bonanza

Right now while you are reading this, hedge funds are buying U.S. property in mass. Foreign nationals are loading up on houses as fast as they can. Some savvy individuals are snapping up housing in the U.S. like never before.

In October, *Reuters* reported private investment firm Starwood Capital Group got in the game. They purchased 23,262 mid-rise and garden-style apartments for a whopping \$5.37 billion. Other hedge funds are buying entire subdivisions under construction.

The Chinese are the number one overseas investors of U.S. real estate. Often they will buy 10 condos at once, sight unseen.

Does all this investment activity show the U.S. headed for another property bubble? The answer is no.

Demographics are driving demand for rental property to heights unseen in American history. *Bloomberg Business* says rents are only going higher.

The Millennials saddled with student debt, are choosing to rent. Others want to live in cities and avoid long commutes home ownership often demands.

One of the fastest growing demographic segments in the U.S. is those over age 65. Their downsizing activity is flooding the market with discounted property.

Foreclosures, Flips & Flowing Money

Foreclosures clogged in the U.S. courts are now surging. Those that know how are gaining windfalls of opportunity for flips or portfolio growth.

Yet individual investors are asking, "Can I still find good



Warren Buffet told CNBC he would buy a couple hundred thousand single family homes if he could.

deals in U.S. property?" The answer is an emphatic YES.

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The Vancouver couple pictured here, were able to buy an entire trailer park in Florida for half off. Their investment brings them a 23% net annual return on their money. Would you like these types of returns?

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Teen urges Liberals to help release dad

MIDDLE EAST

Man arrested on vacation in the U.A.E.

An Ontario teen is calling on the new Liberal government to secure the release of her father, who has been languishing in a United Arab Emirates prison without charge for more than a year.

Marwa Alaradi has written to Prime Minister Justin Trudeau and every MP on Parliament Hill asking for Canada to intervene in her family's ordeal.

"We want them to negotiate with the U.A.E., to understand what's going on," she told The Canadian Press in an interview. "I showed them that I need help."

Salim Alaradi, a 46-year-old Canadian of Libyan origin who was running a business in Dubai, was abruptly detained without explanation in August last year.

His daughter now hopes an intervention from the federal government may help set her father free.



My father has been going through injustice for more than a year now.

Marwa Alaradi

"It's not a case of a criminal, my father did nothing wrong, he was a normal person."

Alaradi was born in Libya and immigrated to Canada from the U.A.E. in 1998, living in Vancouver with his family. He decided to return to the U.A.E. in 2007 to run a home appliance business with his brother.

He and his family were on vacation in the U.A.E. when he was arrested. For two months his family didn't know if he was dead or alive. They then found out he was being held at an Abu Dhabi prison, though they have never been told why.

The family's communication with Alaradi has been limited and they have expressed concerns that he is being mistreated



Canadian Salim Alaradi and his son, Mohamed Alaradi, are on a family vacation in the United Arab Emirates in 2013.

THE CANADIAN PRESS

behind bars.

Amnesty International has noted that Alaradi was among 10 men of Libyan origin report-

edly detained in the U.A.E. at the same time.

A development this month, however, is being seen as a sign

of progress. Alaradi was recently seen by a state-assigned lawyer and his file was transferred to the prosecutor general's office,

marking what the family believes is the first sign of legal advancement in his case, his daughter said. THE CANADIAN PRESS

POLITICS

PM's Senate plan unfit: B.C. premier

British Columbia's premier says the Trudeau government's plans for a more independent, non-partisan Senate will make the much-maligned institution even worse than it already is.

Christy Clark says the new process for appointing senators on merit will give legitimacy to an unelected, unaccountable upper house in which her prov-

ince will remain grossly under-represented.

B.C. gets only six senators in the 105-seat chamber, although it's the third largest province with a population of about 4.7 million.

By contrast, the three tiny maritime provinces, with less than two million people combined, are entitled to 24 senators, as are Ontario and Quebec.

Democratic Institutions Minister Maryam Monsef announced last week the creation of an independent, five-member advisory board to recommend a short list of five non-partisan nominees to fill each vacancy in the Senate.

Two of the board's members are to represent the province in which the vacancy arises, but Clark told the Global TV show

West Block that her government won't participate in the new process because it doesn't want to validate it.

"The process doesn't make the Senate any better," Clark told host Tom Clark.

"I would argue that it actually makes it worse because the Senate is completely unrepresentative of the provinces."

IN BRIEF

McKenna to serve as COP21 facilitator

Federal Environment Minister Catherine McKenna has been named to a group of 14 international ministers who will serve as facilitators of the COP21 climate conference in Paris. The group was created to assist French Foreign Affairs Minister Laurent Fabius, the

conference's president. THE CANADIAN PRESS

Two killed in Montreal balcony collapse

Two Montreal men are dead and another is in critical condition after the railing of a third-floor apartment balcony gave way early Sunday morning. They fell about 10 metres. THE CANADIAN PRESS

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metr NEWS World

Monday, December 7, 2015 13



Yemenis inspect the scene of a car bomb attack that killed a Yemeni senior official in the southern port city of Aden, Yemen, Sunday. WAEL QUBADY/THE ASSOCIATED PRESS

TERRORISM

Yemeni governor killed in explosion

A huge explosion killed the governor of Yemen's southern Aden province and six of his bodyguards on Sunday, security officials said, in an attack that was later claimed by a local Islamic State of Iraq and the Levant (ISIL) affiliate.

If true, it would be the most high-profile assassination carried out by ISIL in Yemen. The war-torn country is home to what Washington considers the most dangerous al-Qaida offshoot, which controls parts of the country, mainly in the east

and the south. However, ISIL's local affiliate has been stepping up its attacks lately, including an explosion at a mosque and targeted suicide car bombings.

Gov. Gaafar Mohamed Saad was travelling to his office Sunday when the explosion struck his convoy in the southern port city. Authorities are investigating the exact cause of the explosion. The officials spoke on condition of anonymity because they were not authorized to brief the media.

THE ASSOCIATED PRESS

British airstrikes 'illegal,' says Assad

MIDDLE EAST

Syrian leader says they do more harm than good

British airstrikes in Syria against the Islamic State of Iraq and the Levant (ISIL) are illegal and doomed to fail, Syrian President Bashar Assad said in remarks published Sunday.

Assad said in an interview with Britain's Sunday Times that ISIL cannot be defeated with airstrikes unless there is co-ordination with forces on the ground. His comments were carried by Syrian state news agency SANA on Sunday.

British warplanes began launching airstrikes in Syria on Thursday, hours after Parliament voted to authorize air attacks against ISIL targets there.

Assad has said the only airstrikes that have worked

against ISIL are those carried out by Russia, which is co-operating with Syrian government forces. Syrian troops have captured areas from ISIL since Moscow began its air campaign on Sept. 30.

Assad mocked British Prime Minister David Cameron's claims that there are 70,000 moderate Syrian rebels on the ground.

"Let me be frank and blunt about this. This is a new episode in a long series of David Cameron's classical farce, to be very frank. This is not acceptable. Where are they? Where are the 70,000 moderates that he is talking about?" Assad asked.

"That is what they always talk about: moderate groups in Syria. This is a farce based on offering the public factoids instead of facts," Assad said in the interview, which was conducted before the British Parliament authorized the attacks.

THE ASSOCIATED PRESS



Syrian President Bashar Assad says British airstrikes in Syria against the Islamic State of Iraq and the Levant (ISIL) are doomed to fail. THE ASSOCIATED PRESS/SANA

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Become a Big In School

December 7, 2015

Dear Metro Readers,

We need your help. There are kids all across the city of Edmonton who are waiting for a mentor and we simply don't have enough volunteers to meet the need. Specifically, we are experiencing a shortage of Bigs In Schools (also known as in school mentors) for the winter term. That is where you come in.

People just like you make the best volunteers. If you decide to volunteer as a Big you could be the reason a child shows up at school, gets better at reading and writing, and feels more confident and valued.

Our Bigs In Schools program is an easy and rewarding way to make a difference. **For one hour a week – during the school year – Bigs meet with their Littles** to talk and share life's experiences, work on homework and reading, and play games and sports.

Joanne Wynn, principal at Norwood School, has shared with us the impact of mentoring on her students: **"It is truly one of the most beautiful supports for kids that we can give them outside of a high quality education.** Kids with a mentor develop a shine, a confidence, and grow knowing they mean something to someone other than their parents. When kids are in that space, they are really ready to learn."

Dani goes to school at Norwood and she is one of a handful of children who have a mentor. She says her and her Big play board games and practice her spelling words. **"All my friends like my mentor. They want one too."**

Becky is Dani's mentor. They've only been matched for a couple months, but Becky already loves it. **"My favourite part is helping her with her homework and seeing that moment when she gets it.** Or when we work on her words, sometimes I get her to do them twice – she doesn't like it but when she gets them right on the second time her reaction is priceless."

According to Becky, a busy university student, volunteering as a mentor is not a huge time commitment. "The hour flies by. I've already been here today for 20 minutes but it feels like it's been 5. I already can't imagine my week without her."

Please consider applying to become a volunteer Big In School today. **By going back to school, you can help a child go forward.** On behalf of nearly 5,000 children and their families, thank you so much for your support.

Warm regards,

Liz O'Neill, Executive Director

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16 Monday, December 7, 2015

World **metro** NEWS



National Guard soldiers monitor a polling station where a wall is covered with stencil paintings depicting the eyes of Venezuela's late President Hugo Chavez, during congressional elections in Caracas, Venezuela, Sunday. FERNANDO LLANO/THE ASSOCIATED PRESS

Socialist rule on the line

VENEZUELA

Election tests house that Chavez built

The socialist system built by Hugo Chavez faced its gravest electoral test Sunday as Venezuelans cast ballots in what seems to have become a tightening race for control of the national legislature.

Venezuelans of all inclinations began lining up before polling stations opened, anxious to cast their ballots early in case violence should break out later in the day.

Until recently, the opposition was seen as coasting to its first major victory since Chavez became president in 1998, with Venezuelans tired of rampant crime, shortages of basic goods and inflation pushing well into triple digits. The economic crisis has worsened with this year's slump in oil revenue, which funds almost all public spending.

But support for President Nicolas Maduro's rule, a good proxy in deeply polarized Venezuela, recently jumped 11 points, to 32 per cent in late November, according to a survey by respected local pollster Datanalysis.

160,000

Number of police and troops deployed around the country ahead of the vote, but many citizens still fear postelection violence.

THE ASSOCIATED PRESS

Analysts attributed the bounce to an aggressive government campaign of funneling resources to key districts and warning voters that Chavez's legacy of social programs would be lost

if the opposition took control of the National Assembly.

Douglas Flores was eager to vote for the ruling party out of gratitude for the house the government gave his family three years ago, allowing them to move out of a shack.

"I don't believe it when the opposition says they'll look out for the poor. Those guys were in power for years before Chavez came, and they never gave us a single thing," he said.

The opposition, with little cash and little access to media, has struggled to compete in far-flung rural districts against the gov-

ernment's campaign machine.

Still, even a small victory would provide an important lift to the frequently outmanoeuvred opposition. The socialist party has often touted its unbroken chain of electoral victories over the past 17 years to defend itself against allegations it's undemocratic.

The government drew criticism from the U.S. and other governments for tactics that appeared to tilt the playing field, including printing a confusing ballot with a mysterious party listed next to the opposition coalition with a nearly identical logo and name. THE ASSOCIATED PRESS

TERRORISM

Outrage over Tube stabbing

Counter-terrorism police in Britain on Sunday investigated a stabbing at a London Underground station in which a man brandishing a knife injured two and reportedly said, "This is for Syria."

Police arrested a 29-year-old man late Saturday and said they are treating the "violent unprovoked knife attack" at east London's Leytonstone subway station as a "terrorist incident."

The force said it was searching a residential address in east London, but declined to say whether they were looking for other suspects.

British media widely reported that the suspect linked his actions to Syria after the attack. The incident comes just days after Parliament approved British airstrikes on Islamic State group targets in Syria.

One man suffered serious knife injuries and was in the hospital in stable condition. Another received minor injuries, while a woman was threatened but not hurt. Video shot by witnesses showed a pool of blood as the suspect lunged at several police officers. One bystander can be heard shouting at the suspect: "You ain't no Muslim, bruv." The phrase, using slang for "brother," was quickly picked up by Twitter users who turned it into a trending hashtag to show their contempt for the suspect and extremism. THE ASSOCIATED PRESS



You ain't no Muslim, bruv.
Witness to attack



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MIDDLE EAST

Kerry Israel visit sparks debate

U.S. Secretary of State John Kerry set off an uproar in Israel Sunday after warning that the country, through its West Bank occupation, will become a "binational state."

The U.S., the international community and many Israelis have endorsed the "two-state solution" — establishing a Palestinian state and ending Israel's control over millions of Palestinians in territories occupied in the 1967 war.

Prime Minister Benjamin Netanyahu declared that "Israel will not be a binational state." Here's a look at various concerns:



John Kerry

NO PULLOUT

For some Jewish Israelis, the West Bank is literally the Promised Land. But the more common argument is rooted in security.

Without the West Bank, Israel would be 15 kilometres wide at its narrowest point, with the West Bank surrounding Jerusalem on three sides. Meanwhile, Islamic radicals are on the march. They conclude prudence requires holding onto the West Bank.

WEST BANK PULLOUT

Left-wing "dove" Israelis argue for pullout, because without one,

THE IMPACT OF GAZA

Israel pulled troops and settlers

out of the Gaza Strip in 2005 as part of a simple calculation: With the small but crowded territory neatly removed from the demographic equation, Jews still have a majority of 60 per cent. Meanwhile, the Palestinians and much of the world consider Gaza to be occupied, since Israel blockades it to minimize Hamas' ability to arm itself.

REMOVE THE SETTLERS

A paper published two weeks ago by a major Israeli think-tank proposed a new unilateral solution in which settlers would be pulled out of most of the West Bank to create a situation more amenable to partition. The army would maintain its current positions until a better alternative emerged.

THE ASSOCIATED PRESS



People pay respects Sunday at a makeshift memorial honoring the victims of Wednesday's shooting rampage in San Bernardino, Calif. JAE C. HONG/THE ASSOCIATED PRESS

City grieves, calls for unity

SAN BERNARDINO

Wife may have radicalized husband: investigators

At a church, a mosque, a makeshift street-corner memorial and other sites, they gathered Sunday to mourn the 14 victims of the San Bernardino, Calif., shooting massacre and lament that the community now joins the list of U.S. cities scarred by terrible violence.

Residents struggled to come to terms with the violence and hoped the community would unite in mourning and not be divided by the disclosure that the killers were a religious Muslim couple.

"It's unfortunate that we're on this list now, a list like New-

town, Aurora and others where such tragic events occurred," California Rep. Pete Aguilar told a crowd at a mosque. "It's not how I want San Bernardino remembered."

Meanwhile, investigators were looking into what led Tashfeen Malik and Syed Farook to attack the gathering of Farook's co-workers on Wednesday, in what appears to be the deadliest attack on American soil by Islamic extremists since 9/11.

Authorities were trying to determine if Malik, who was born in Pakistan and spent considerable time in Saudi Arabia, radicalized her American-born husband, Farook, and was the driving force behind the rampage, two officials said Sunday.

That possibility emerged late last week when it was disclosed that Malik had pledged allegiance to the Islamic State of

Iraq and the Levant (ISIL) group in a Facebook post about the time of the bloodbath at a holiday luncheon.

Malik, 29, and Farook, 28, were killed in a furious shootout with police hours after the attack.

On Sunday, scores of mourners visited a growing memorial on a corner near the social service centre where the shootings took place.

There were American flags, a poster that read "Pray for the world," balloons, candles and cards. Many said they hoped the community would pull together.

"I'm trying to use it as a teaching thing for myself and for my children that horrible things happen, but it doesn't mean that everybody is a horrible person," said Eric Abrams, of San Bernardino.

THE ASSOCIATED PRESS

FRANCE

National Front leads regional elections, projections say

France's far right National Front won more support than any other party in the first round of regional elections Sunday, according to polling agency projections, in a new boost for Marine Le Pen's anti-immigration strategy and a new blow to President Francois Hollande's Socialists.

The projections put National Front candidates on top so far in six of France's 13 newly drawn regions. But Sunday's voting was only a first round, and some mainstream voters may steer away from far right candidates in the decisive Dec. 13 runoff.

The elections took place in an unusually tense security climate just over three weeks after deadly terrorist attacks on Paris — a climate expected to favour conservative and far-right candidates.

Voters are choosing leadership councils for the regions, and had the choice of several parties in the first round.

Polling agencies Ifop, OpinionWay and Ipsos projected the National Front won between 27 and 30 per cent support



Former French president and leader of Les Republicains party Nicolas Sarkozy and former first lady Carla Bruni-Sarkozy cast their ballots in Paris on Sunday. THE ASSOCIATED PRESS

nationwide.

The polling projections estimated the percentage of votes for different parties, not the number of seats they are expected to win on France's regional councils. The number of seats will be determined in next Sunday's runoff, which pits the leading parties in each region against each other.

Sarkozy's conservative Re-

publicans party and its allies were projected to come in second place in the national vote at around 27 per cent.

The Socialists, who currently run nearly all of the country's regions, were projected to come in a weak third place, with between 22 and 24 per cent, followed by a smattering of mainly leftist groupings.

THE ASSOCIATED PRESS

UNITED STATES

Obama vows to defeat terror

In a rare Oval Office address, U.S. President Barack Obama vowed Sunday night the United States would overcome a new terror threat that seeks to "poison the minds" of people here and around the world, as he sought to reassure Americans shaken by recent attacks in Paris and California.

"The threat from terrorism is real, but we will overcome it," he said, speaking from a lectern in his West Wing office.

In the 13-minute address, Obama called for a review of the visa waiver program for

people seeking to come to the U.S. and said he would urge private companies and law enforcement leaders to work together to ensure potential attackers can't use technology to evade detection.

Obama also reiterated his call for tightening gun laws, saying no matter how effective law enforcement and intelligence are, they can't identify every would-be shooter. He called it a matter of national security to prevent potential killers from getting guns.

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U.S. President Barack Obama THE ASSOCIATED PRESS

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N.Y.C.'S CENTRAL PARK

Trump cashes in on name



Donald Trump, in New York's Central Park in 1986.

THE ASSOCIATED PRESS FILE

Donald Trump is arguably New York City's most famous resident, and he's made some of his money off the name of one of its most famous public landmarks: Central Park.

The Republican presidential candidate has trademarked the words "Central Park" on items including furniture, chandeliers and even key chains.

Records show Trump first put a trademark on the name in 1991, when the city's crime rate was near its height and

Central Park had a less-than-glamorous reputation.

The trademark has expanded over the years and was most famously used on a line of Trump-branded furnishings, including tables, beds, lamps, pillows and picture frames.

A Trump spokesman declined to say how much money has been made off the trademark, which was first reported by the cable news channel NY1.

THE ASSOCIATED PRESS

ST. LOUIS

Blueprints of Disney theme park for sale

Imagine packing up the kids and heading for that dream vacation to a Disney theme park ... in St. Louis.

It almost happened, and one of the few remnants of the Disney park that might have been goes on the auction block next week — 13 pages of 1963 blueprints spelling out plans for "Walt Disney's Riverfront

Square" in St. Louis.

Money doomed the project. Disney was willing to pay the cost of rides and attractions but wanted St. Louis leaders to foot the bill for the building, and they refused.

Disney officially dropped out in 1965 and turned its attention to Florida.

THE ASSOCIATED PRESS



IN BRIEF

Oil rig owner appeals for help in search for bodies

Azerbaijan's state oil company SOCAR said Sunday that it was still searching for 29 workers missing after a fire swept through an offshore oil platform. But it has also asked the four other countries who share the Caspian Sea to search their own territorial waters for bodies of the oil workers.

THE ASSOCIATED PRESS



Filipinos hold a poster with a picture of Pope Francis during the Climate Solidarity Prayer March in Manila last month. Pope Francis' encyclical calling global warming a moral issue has energized faith groups to get involved. THE ASSOCIATED PRESS FILE

Scientists seek help from higher power

CLIMATE TALKS

Interfaith community calls for action on warming

The cold hard numbers of science haven't spurred the world to curb runaway global warming. So as climate negotiators struggle in Paris, some scientists who appealed to the rational brain are enlisting what many would consider a higher power: the majesty of faith.

It's not God versus science, but followers of God and science together trying to save humanity and the planet, they say.

Physicist John Schellnhuber, founder of the Potsdam Institute for Climate Impact Research in Germany, said he has been coming to these international talks for 11 years and essentially seen negotiators throw up their hands and say "sorry guys, we tried our best." And no one protested. But this time, with the power of Pope Francis' encyclical earlier this

year calling global warming a moral issue and an even more energized interfaith community, Schellnhuber feels the world's faithful are watching and will hold world leaders accountable.

"They know they will be measured against the encyclical," Schellnhuber, a member of the Vatican's Pontifical Academy of Sciences, said Saturday at a Catholic Church event. Ever the scientist, Schellnhuber said on Saturday he hadn't seen any evidence yet during the first week of negotiations that this will happen, but he has faith it will.

In the first five days of climate negotiations, interfaith activists came, fasted, talked to media, buttonholed leaders and prayed. On Saturday night in a downtown Paris chapel, hundreds of people, many of them prostrated on the ground, sang and prayed for the climate negotiators and mostly for the world.

Faith "is much deeper" than science, said Caroline Bader of the Geneva-based Lutheran World Federation. And so are their numbers. Bader said interfaith leaders recently handed

+ DRAFT

Agreement reached

Negotiators adopted a draft climate agreement Saturday that was cluttered with brackets and competing options. The 48-page draft agreement was sent to environment and foreign ministers who will work on it this week.

top United Nations negotiators a petition with 1.8 million signatures begging for meaningful climate action.

"The environment movement, which has primarily been a secular one, has realized that over the last 30 years or so it's not been that successful in achieving its goals," Joe Ware of Christian Aid wrote in an email from the Paris talks. "Increasingly it has looked to faith groups for help in mobilizing a broader movement of people calling for action on climate change. They are actually natural allies as almost all faiths have a theology of creation care at their heart."

THE ASSOCIATED PRESS



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ROSEMARY WESTWOOD

metroview

'Tis the season for hangry (hungry+angry) travelling

Where are they?

The flight attendants? We took off 30 minutes ago — I just checked — and you know what that means? Food and beverage service!

One of them is serving first class — here comes the wine — and I'm fantasizing about pressing the call bell (which I never do) because I want to know: Are you going to feed the common people or not?

I already ate the sticky-sweet energy bar I brought for emergencies. But the situation is worse than I thought. You know what I really want? A double quarter-pounder with fries and a chocolate shake. This is travel, and desperate times call for fat, sugar and salt in abundance.

This non-TV flight took off from Washington-Dulles, the capital of Am'rica. And you know what should be easier than finding pee on an airport toilet seat? Finding the Golden Arches in the bloody U.S. of A.

It's my fault for booking a short stopover. I was thinking I'd save time, but I really just cemented my chance of starving to death before reaching my final destination. There was no way I could wait in line (another line!) behind 30 other starving people at the random burger joint that doesn't seem to do fast food, despite the fact that people trying to catch flights don't have time for your handcrafted patties and marinated bull!

So, I'm in the window seat

and the lanky teenager next to me is already doing the mouth-gape head-back doze, one boney knee clearly on my side of the invisible leg divide, which means I can't get up to demand service from the men and women in blue (always blue). Except even in my fantasy, the outrage is downgraded to a passive-aggressive "Excuse me? But, I was just wondering? Does this flight offer food?" Being Canadian is so anticlimactic.

These tiny seats are the adult version of being strapped into a stroller, helplessly crying that you're hungry or thirsty.

Oh sure, not all flights are as desperate as this one. Once, I took two Valium tablets and had a few glasses of wine and floated all the way from London to Vancouver. If I didn't know better, I'd say Valium is the only way to travel, plus points for retro. I'd take some Valium right now.

OK, here they come. Slowly. I'm shaking my leg. My wallet's been out for ages. Time for some cheddar cheese spread on two crackers, and a gluten-free cookie. Survival.

These tiny seats are the adult version of being strapped into a stroller.

PHILOSOPHER CAT
by Jason Logan

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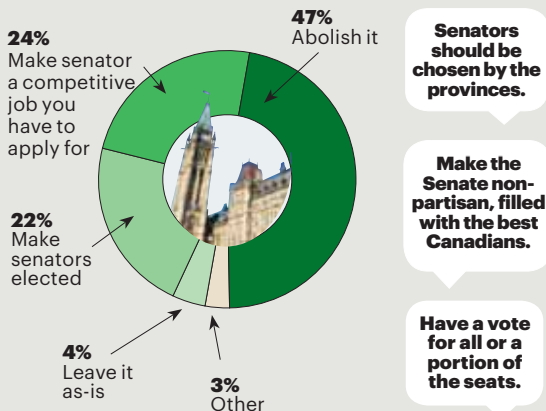
Metro MONDAY POLL

Introducing: Senator You

Visit metronews.ca
every Friday to
have your say.

The Trudeau government is planning to transform the Senate into an independent, non-partisan chamber — possibly the biggest change to the scandal-plagued Upper House since Confederation. Rather than being appointed as a senator, you'll have to apply for it like any other job. But plenty of critics say it's time to ditch the Senate entirely, make senators elected or enact some other radical reform. We asked our readers if they're prepared to let go of the house of sober second thought, and what they would like to see on their representatives' resumes.

1 What should be done to reform the Senate?



2 What should the government do about diversity in the senate?

33% Make the selection process merit-based only
24% Mandate gender parity and ethnic diversity
43% Neither, let's ditch the senate entirely



SENATE SPEAKER GEORGE FUREY IS ESCORTED TO HIS NEW CHAIR

3 What qualities should a senator have?

18% Extensive experience in a professional field
17% A clean financial record
15% A pleasant and not-too-partisan manner
13% A record of community service
6% A certain age (i.e., older than 35)
6% Bilingualism
3% Government or public service experience
20% None of the above, abolish the senate
2% Other

Member of the Order of Canada for at least five years.

No political affiliations at all.

Minimum age should be 50.

WE ASKED Metro readers

No one comes for the parking: Aviary edition

FOOTNOTES

Omar Mouallem



Last winter, Philip Muz's all-ages music venue, the Artery, was evicted from its home of eight years. That's because the city plans to knock it down and replace it with a site for construction materials for the Valley Line LRT.

After an outcry, the city is looking at preserving at least parts of the historic building that housed the Artery, but the venue itself is closed.

Now, Muz's attempt to reopen the venue as the Aviary in McCauley — on 111 Ave. and 93 St., which could use more retail signs without "massage" in their names — is being foiled by parking minimums. That is, the buildings he hoped to resuscitate don't have enough parking stalls, according to city regulations. Ap-

parently, a street lined with 30 parking meters and 100 free spots along nearby residential streets, plus nearby Stadium Station LRT, isn't enough.

At least with the LRT station, one could argue the city's point — it would benefit more people, it could later become an attractive development, it's for the greater good. But this latest red tape fiasco is a fail on all angles: business, planning and even health.

The bylaw requiring one car stall for every three square metres of space in any bar or nightclub presumes bureaucrats get what a business' clientele needs. They don't.

As I've written before, no one comes for the parking. A great destination laughs at parking limitations, as 104 Street, which has reduced parking minimums, proves with its thriving bar scene.

If people think a business is worth driving for 10 minutes around the block for a "spot,"

let them. There are enough obstacles to starting a business—startup costs, liquor licences, inventory. To then say, "Nope, sorry, we don't think you have enough stalls for your own customers," isn't just meddling — it's condescending.

But it also flies in the face of Edmonton's own planning vision. We're spending billions on LRT, millions on sprawling public services, hundreds of thousands on public engagement about infill and density, and we're still letting motorists and their convenience define the shape and function of our city. To say nothing of climate change, this bylaw (versions of which exist across North America) encourages the worst urban design.

You know what else it encourages? Drunk driving. Instead of encouraging literally any transportation other than a personal car, Muz must provide at least 26 parking stalls. It's not unreasonable to as-

sume anyone entering his bar is going to consume alcohol. Even if they're driving. And that's OK, says the capital of a province with almost twice the national average number of impaired-driving cases.

Some will say insufficient parking encourages patrons to park on residential streets. Those residents need to get over the fact that they don't own public roads. Others will argue parking minimums are an accessibility issue. It's an incredibly narrow way to look at accessibility, plus it's hard to imagine 100-person music venue needing to accommodate at least 25 physically disabled people. Still, it's a valid concern. But there are so many creative solutions. If we followed the city's bylaws, we'd be bulldozing another building and paving the lot.

Omar Mouallem (omar_aok) lives in Edmonton and edits the Yards magazine.

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NEW BOOK

Jonathan Franklin penned the true story of a man lost at sea for 438 days

Sidney Cohen
Metro | Canada

"Now is our time to suffer but we are not going to die."

This is what Salvador Alvarenga said to his crewmate as the two fisherman battled the gale-force winds and 18-foot waves that were pummeling their small, open-air fishing vessel off the Mexican coast.

That day in 2012 would be the first of 438 that Alvarenga would spend adrift in the Pacific Ocean.

His only companion succumbed to starvation four months in, but the ever-optimistic Alvarenga survived.

For 14 months, the resourceful seaman staved off thirst and hunger by drinking turtle blood and his own urine, and eating the raw flesh of birds that landed on his fibreglass motorboat.

He endured scorching sun, menacing sharks and unimaginable loneliness.

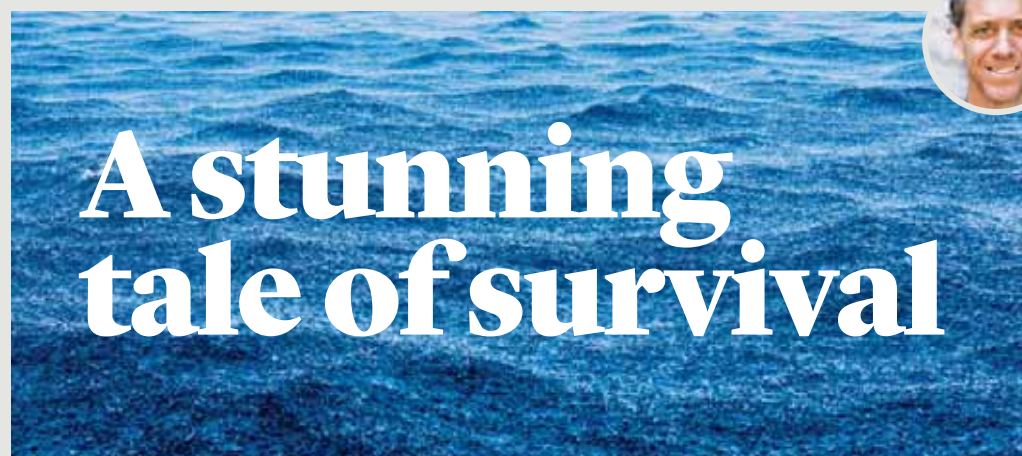
Alvarenga floated some 10,000 kilometres before washing up — bearded, dazed and legs atrophied — on an islet in Marshall Islands.

Jonathan Franklin, a Chile-based Guardian correspondent, documents Alvarenga's journey in his new book, *438 Days*.

An American who travelled to Chile 17 years ago to report on the fall of Pinochet's dictatorship and never left, Franklin is no stranger to tales of extraordinary endurance.

The journalist also wrote *33 Men*, a book about the 33 miners who were trapped inside a Chilean mine for more than two months. All 33 made it out alive.

Metro chatted with Franklin about researching his book and to find out



A stunning tale of survival



“

It was terrible in a lot of ways, but there was a wild freedom to the whole experience as well.

438 Days author Jonathan Franklin on Salvador Alvarenga's experience

You've interviewed SWAT commandos, Timothy McVeigh, a Chilean student activist turned communist member of parliament. Has anyone really surprised you?

I thought Tim McVeigh was going to be a raving lunatic and he was a super nice guy. This guy was on death row for blowing up a building — which he admitted to blowing up — killing 168 people. And he was really smart, really funny. You wanted him to be horrible, it would've been much easier if he was a monster, but he definitely was not a monster.

438 Days has drawn comparisons to *Life of Pi*, the popular novel about survival at sea. Have you read that book?

I deliberately didn't. I was afraid of accidental plagiarism. My daughter gave it to me for Christmas, and I was so excited. Then I thought, "I'll just write my book and then when my book's done I'll go back and read *Life of Pi*."

When I went into *438 Days*, I thought it was like solitary confinement, so I was reading up about prisoners who were stuck in little prison cells. Then I realized what Alvarenga had was solitary unconfinement. He had a whole thriving — although dangerous — ecosystem, which in the end is probably more healthy than mean prison guards in the sterile environment of modern prisons.

It was terrible in a lot of ways, but there was a wild freedom to the whole experience as well.



Salvador Alvarenga spent 438 days adrift in the Pacific Ocean following a storm and the death of his crewmate.

GETTY IMAGES AND CONTRIBUTED

what he's learned interviewing fascinating people with stories of survival.

What is it that draws you to stories of survival?

People have a lot more resilience than they ever realize, and I like to share that. A lot of people, when they're put up against the wall, find

this inner strength. Fortunately most of us don't have to be out on a boat or at the bottom of a mine, but it shows the strength that a lot of us have inside.

In researching *438 Days*, did you go out on one of these small fishing boats?

Yeah I did. It was pretty terrifying. It's like a big canoe. It seemed that it would be so easy to flip these things because they're long and narrow, like you catch a wave on the wrong side and you flip in a second. And we were only a half-mile off shore. These guys were going 100 miles (160 kilometres).

WHERE SANTA LIVES



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Coding workshops aim to attract girls

HOURLY CODE

Agency offers free lessons promoting digital literacy

Kris Abel
For Metro Canada



More than 4,000 free programming lessons are being held across Canada this week as part of a global initiative promoting digital literacy. Microsoft, Apple and Amazon are giving their support to educators registered at HourOfCode.com who have prepared one-hour lessons at local schools, community centres and libraries.

The focus in particular is on attracting girls. Star Wars characters Leia and Rey along with Frozen's Anna and Elsa star in the movement's programming lessons aimed at ages four and above.

Although women hold just nine to 15 per cent of tech jobs at leading companies, girls under 12 show a strong aptitude and interest for the science

and technical skills involved. This has inspired an impressive community of volunteers and non-profit organizations who sense an opportunity to strengthen our society.

"What we're trying to do in our research is tackle really big problems and I think we need to take advantage of the creativity and innovation of our entire population," says professor Molly Shoichet, who holds a Canada research chair in tissue engineering. "We really can't depend upon just half the population to overcome these challenges."

Ladies Learning Code is one of the organizations participating this week that offer beginner-friendly, socially collaborative workshops across 22 Canadian cities year-round.

"We run one-day workshops for people who have never seen a line of code before," says co-executive director Melissa Sarifodeen. "You'll create your own website from scratch and they are beautiful websites that you can launch."

Knowing how to create your own website or run an e-mail newsletter is useful in any career choice, but the lessons are popular for their sense of accomplishment.



Kids liken coding lessons to learning a new language. HANDOUT COURTESY OF LADIES LEARNING CODE

"It's definitely the ability to create something that didn't exist," Sarifodeen explains, "this idea that you've taken something using your own hands, whether it's physical or digital, and you've created something that you can show people. That's what's addictive."

Every day this week YTV's The Zone will share what this is like by pairing their kid contributor

Miley with LadiesLearningCode.com mentor Nat Cooper.

"All my friends were telling me about it saying 'oh, you should go try one of these code classes' and then I got to try it and that was pretty fun," Miley enthuses.

Throughout the television week and online lessons at YTV.com, Miley uses HTML and CSS to make a fun, holiday card.

"It was a bit of a challenge, but I like challenges so it was pretty fun to me," she explains. "I like learning languages and it's kind of like learning this cool, computer language, so it's pretty interesting."

Across Canada you'll find community makerspaces devoted not just to programming, but electronics, engineering and even robotics. They all share

a similar approach to making their lessons inclusive.

"One thing that girls are interested in is mission-based tasks," explains Nicole Proulx, who organizes robot programming workshops at Robogals.org. "If you add a storyline, if you add a goal to it, that's something that girls are very interested in."

And encouraging girls to develop their creative problem-solving skills is a mission we can all share.

DIGITAL

HourOfCode.com/Code.org Find free workshops and online lessons

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Tips to get and keep you in the black

MANAGEMENT

Don't let a budget crunch knock finances off balance

Gail Vaz-Oxlade
For Metro Canada



Some people never grow up! I'm all for following your bliss, and if you can find a way to make your passion pay, then go for it. But if you're determined to make a living doing something that doesn't pay much, you've got to be prepared to live without some of the things other people have.

And if your hunny bunny is determined to follow his or her bliss, leaving you to pick up the slack, unless you're a total masochist, you gotta know things won't end well.

Inequality

I often scratch my head when I meet a couple where one per-

son is doing all the work and the other is having all the fun. I think to myself, "How long do they think they can keep this up before they drive away their 'best pal'?" But human beings seem to have an enormous tolerance for suffering.

For most of us, if only one person in the relationship is making the money, and the other person is spending it, it's only a matter of time

till the sucker wakes up and smells the coffee. But for some poor saps, the misery can go on indefinitely because they just don't think they deserve better.

Rock bottom

So, how low do you have to go before you realize you've hit rock bottom?

Sometimes not even bankruptcy is

enough to shock a person who has tuned out back to reality. Witness the folks who go bankrupt and then are back in a hot mess a few years later.

What's the point of going through all the nasty bankruptcy stuff if you

aren't even going to bother figuring out how to live within your means?

Within your means

It should be one of the rules that you have to make a budget and learn to live on what you've got as part of the process.

Wait! It is a rule! That's why people going through debt rehabilitation aren't supposed to have access to credit.

So how is it that folks who are going through bankruptcy or a consumer proposal still have overdraft protection on their accounts? You'd have to ask their banker that question!

Pick up the pace

At some point blowing through all the money to have a here-and-now will get old, and so will you. You best pick up the pace on making more money so you can set a little somethin' somethin' aside for later days.

Start saving

Retirement costs money, and once you stop working, you better have enough set aside

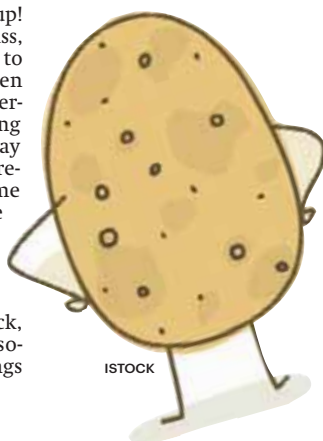
to keep a roof over your head and food in your belly. Start in your early 20s and you'll only have to save 6 per cent of your income to be safe and comfortable. Wait until you're in your 40s and you'll have to ramp up the savings to 18 per cent of your income — ouch! — just to keep body and soul together.

\$ GET STARTED

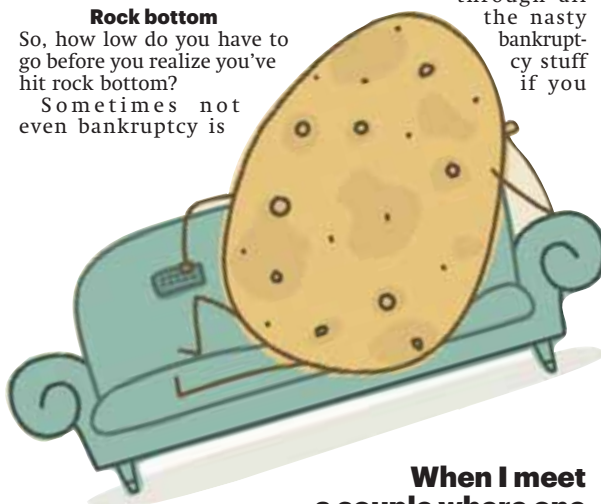
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- In six months, find another \$25 a month to add to your auto debit. In a year, find another \$25 a month. Now you're on a roll!

For more money advice, visit Gail's website at gail-vazoxlade.com



ISTOCK



When I meet a couple where one person is doing all the work and the other is having all the fun, I think to myself, "How long do they think they can keep this up?"

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SNL

Gosling hosts, pays homage to Canada

It was a very Canadian opening to Saturday Night Live as host Ryan Gosling was joined on stage by fellow Canuck, and SNL alum, Mike Myers.

Gosling began the monologue speaking with a Brooklyn accent, talking about how great it was to be back in his childhood home of New York for the holidays.

And when



SNL's Cecily Strong interrupted to point out that Gosling actually hails from Cornwall, Ont., the acclaimed film star hesitantly suggested that it might not be the best time to talk about being an immigrant in the United States.

That's when Myers, wearing a Toronto Maple Leafs jersey, made his entrance and reminded Gosling of the many reasons for being a proud Canadian — "our hunky new prime minister Trudeau, Degraassi Junior High, and Sir Justin Bieber," to name but a few.

There were jokes about such standby Canadianisms as saying "eh," pronouncing "about" as "a-boot," Molsons beer and deep snow.

They even trotted out Bonhomme, the Quebec City Winter Carnival mascot, before launching into a musical tribute to Christmas in Canada where SNL cast members donned red and black checked jackets — sometimes irreverently referred to as Canadian tuxedos.

THE CANADIAN PRESS

JOHANNA SCHNELLER WHAT I'M WATCHING

Better with makeup on?

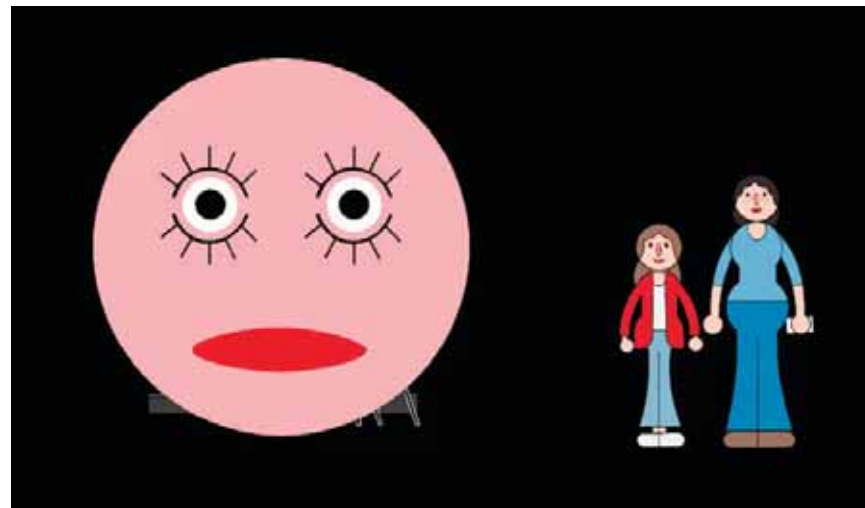
MIRROR (NewYorker.com)
THE ACCIDENTAL INSULT

In spare, modern animation, a mother watches her 13-year-old daughter apply makeup for the first time, for a Halloween costume.

"She puts on mascara, a little eyeliner, some lip gloss," the mother's voice narrates. "I look at her, and then these words come out of my mouth: 'Wow, you look so much better.'" "Wow," a man replies, laughing. The mother laughs along, audibly abashed.

As she continues her story (her daughter shrugged off the diss), something lovely happens: the screen fills with little boxes, illustrating small but significant mother/daughter moments — first steps, sliding boards, school buses — as the daughter inches toward independence.

This two-minute video was the brainchild of illustrator Chris Ware, who draws many New Yorker covers. For the Dec. 7 issue, he asked Ira Glass, the host of the radio show This American Life, to provide him with an audio interview that he could animate; Glass offered



Illustrator Chris Ware's two-minute video mixes radio with animation. SCREENSHOT/NEWYORKER.COM

writer Hanna Rosin's story about her daughter Noah; and the video was born.

Ware wanted, says an essay that accompanies the video, to "extend the emotion" of a magazine cover, and to see if enhancing a radio story with images lessened or enhanced

its emotional power. And obviously, both The New Yorker and This American Life are keen to add visuals to their stuff, to grab more traction online.

They're not alone: The New York Times recently began releasing short, 3D video docs to accompany Sunday Times

Magazine stories.

So far, these shorts are worth watching. The trend certainly is.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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4

ACTORS WHO MADE MEDIA HEADLINES THIS YEAR

Talented, moving, militant and in the media spotlight — for all these reasons and more, these four actresses landed in the news this year. **AFP**



1 Viola Davis: Queen of the small screen

The star of the series *How to Get Away With Murder* caught the public's attention by becoming the first black woman to win an Emmy award for best actress in a drama series. The actress, who previously had a role in *The Help*, was very moved to have received the award, and was given a standing ovation and congratulated by peers such as Kerry Washington. In 2015, Viola Davis returned to the big screen with a role in *Suicide Squad*, a film slated for release in the summer of 2016 which will also star Will Smith, Jared Leto, Ben Affleck and Margot Robbie.



2 Alicia Vikander: Rising star

She is only 27, but Alicia Vikander has already conquered Hollywood. In 2015, this Swedish actress proved that she is a rising star by appearing in no less than five movies. First noticed for her performance as a psychologically complex robot in the science fiction thriller *Ex Machina*, she has subsequently taken on a variety of roles, including a historical biopic (*Testament of Youth*), a spy movie (*The Man from U.N.C.L.E.*) and an action drama (*Burnt*). The actress ended 2015 perfectly with the release of *The Danish Girl*, which could get her an Oscar nomination.



3 Patricia Arquette: The militant

In February, Patricia Arquette was applauded by many of her peers for her Best Supporting Actress Oscar acceptance speech. She spoke passionately about equality between men and women, especially in terms of wages, in the U.S. Her words got a particularly positive response from Meryl Streep and Jennifer Lopez, who were in the audience and are also known for speaking out on such issues.



4 Dakota Johnson: The revelation

After taking small roles in *21 Jump Street* and *The Social Network*, the daughter of Don Johnson and Melanie Griffith made her own name by accepting to play the ingénue Anastasia Steele in the movie adaptation of *Fifty Shades of Grey*. This role gave her unprecedented media exposure and international recognition, despite the criticisms of the film. In 2015, she has also starred in *Black Mass* alongside Johnny Depp.

GOSSIP BRIEFS

New addition to Kardashian-West clan

There's officially a new Kardashian to keep up with. Kim Kardashian and Kanye West welcomed their second child, a boy, Saturday in Los Angeles. If you subscribed to Kardashian's website or downloaded her app, you already knew that because she posted an excited, all-caps announcement over the weekend revealing that "mother and son are doing well."

And while West was in New York last week accepting an award for his shoe designs, he made it back to L.A. just in time to be there for the delivery. The baby was a bit early, though, as the original due date was reportedly Christmas. **NED EHRBAR/METRO HOLLYWOOD**



EMERGENCY LANDING

Safe arrival for Oscar-winning actor

A plane carrying actor Morgan Freeman and his pilot blew a tire on takeoff from a Mississippi airport and made an emergency landing in which its landing gear collapsed and the plane ran off the side of a runway, authorities said. No one was injured.

Mayor Bill Luckett of Clarksdale, a friend of the 78-year-old Oscar-winning actor, told *The Associated Press* that the twin-engine plane made what he described as a controlled forced landing before nightfall Saturday at an airport in Tunica after it had taken off from another airport in the area.

Freeman issued a statement saying he was heading to Texas from Mississippi aboard his plane to shoot for the series, *The Story of God*.

"Sometimes things don't go as planned and a tire blew on takeoff, which caused other problems," Freeman said in the statement sent by his publicist. "But thanks to my excellent pilot Jimmy Hobson we landed safely without a scratch."

"I cannot say the same about my plane," Freeman added in the statement, which didn't elaborate. "I appreciate the concern and prayers for our safety."

Kathleen Bergen, a spokeswoman with the Federal Aviation Administration, identified the plane as an Emivest SJ-30 aircraft and said the plane reported a "mechanical problem" after taking off from Fletcher Field in Lyon, a community just outside Clarksdale.

An FAA statement emailed by Bergen said the plane's original destination was Sugar Land near Houston, but that the aircraft diverted to the Tunica Municipal Airport in Mississippi where it made the emergency landing at 6:15 p.m. Saturday. She confirmed its main landing gear collapsed and that the plane went off the side of the runway after landing.

The Clarksdale mayor said another plane subsequently went to Tunica to pick up the actor, who has a home in Mississippi.

THE ASSOCIATED PRESS



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Oilers take edge off Sabres

NHL Edmonton pushes its winning streak to three games

Taylor Hall and Teddy Purcell each had a goal and an assist as the Edmonton Oilers continued their climb out of the NHL basement with a 4-2 victory over the Buffalo Sabres on Sunday.

Jordan Eberle and Luke Gazdic also scored for the Oilers (11-15-2), who have won three in a row and four of their last five to move to within three points of a playoff position.

SUNDAY At Rexall Place

4 **2**
OILERS **SABRES**

Jack Eichel and Ryan O'Reilly replied for the Sabres (11-13-3), who have lost two of their last three.

The Sabres got on the board seven minutes into the first after some sloppy play by the Oilers in their own zone ended up with the puck on the stick of Eichel, who beat Edmonton goalie Anders Nilsson with a backhand for his ninth of the year.

The Oilers tied the game midway through the first as Hall hooked a shot towards the net from the blue line that was tipped by Purcell past Buffalo goalie Chad Johnson.

Edmonton made it 2-1 with four minutes left in the opening frame when Ryan Nugent-Hopkins battled to get a puck behind the net and fed it in front for Eberle for the goal.

The home squad added to its lead on the power play with just over a minute left in the first as Purcell slid a puck under a sprawling Johnson to Hall, who scored his 11th into a wide-open net.

The Sabres finally connected on one of their many power plays in the second period with six-and-a-half minutes left as Zach Bogosian threaded the needle with a pass in front to O'Reilly, who beat Nilsson on the backhand.

Edmonton restored its two-goal lead with two minutes left in the second as the puck went in off of Gazdic's skate while he was being shoved into the Buffalo net.

There was no scoring in the third.

The Sabres are right back at it on Monday, heading to Vancouver to face the Canucks. The Oilers are off until Wednesday, when they host the San Jose Sharks. THE CANADIAN PRESS

+ IN CHICAGO

Kane keeps points run alive

Patrick Kane extended his point streak to 22 games as the Chicago Blackhawks defeated the Winnipeg Jets 3-1. Kane assisted on Artemi Panarin's empty-net goal with 1:46 left.

THE ASSOCIATED PRESS



The Oilers' Anton Lander, left, and the Sabres' Nicolas Deslauriers battle for the puck at Rexall Place on Sunday. JASON FRANSON/THE CANADIAN PRESS

CURLING

Homan avenges loss to Sweeting

Rachel Homan earned the first direct-entry berth into the 2017 Canadian curling trials with an 8-7 win over Edmonton's Val Sweeting on Sunday in the Canada Cup women's final.

The winner of the Canadian trials, known as the Roar of the Rings, will determine the country's four-player teams for the 2018 Winter Olympics in South Korea.

Ottawan Homan avenged a

loss to Sweeting in the championship game of the 2014 Canada Cup, scoring a single in the 11th end to edge the Edmonton skip on Sunday.

Sweeting tied the game with a single in the 10th end. She also scored three in the third, two in the fifth and one in the seventh. Homan scored a deuce each in the second and eighth ends and singles in the fourth, sixth, ninth and 11th.

"If I make my blank in seven we're in much better position to win that game," Sweeting said. "It wasn't bad that we took one there, we still had a two-point lead, but just a couple of half shots by me and we paid for it."

THE CANADIAN PRESS



Val Sweeting
CURLING CANADA



Development of the new Las Vegas Arena cost \$325 million **US**. THE CANADIAN PRESS FILE

NHL

Expansion a hot topic but not pressing

It was during the NHL board of governors meeting a year ago that potential Las Vegas ownership got the green light to proceed with a season-ticket drive. That development came out of nowhere.

There remains no firm timeline on expansion, though this week's board meetings could take the process another step further. The executive committee is scheduled to meet before the big group Monday in Pebble Beach, Calif., to review expansion presentations from Las Vegas and Quebec City.

The earliest expansion could happen is the 2017-18 season, something deputy commissioner Bill Daly said last month was still possible even if the board doesn't vote this week. Such a vote to approve or decline expansion is not expected.

"We really haven't canvassed the ownership as a group," Daly said last month. "(The executive committee meeting will) be

really the first time where we kind of roll up our sleeves and talk about the applications."



This doesn't get governed by PR or politics or pressure.

Gary Bettman

the heels of the Hockey Vision Las Vegas ticket drive receiving 13,500 season-ticket deposits and the brand-new Videotron

Centre in Quebec City selling out for a pre-season game between the Montreal Canadiens and Pittsburgh Penguins.

Quebecor showed the board a DVD of that successful night. Commissioner Gary Bettman said in September that it "wasn't a bad thing that the building was test-driven."

"Were we surprised that it was sold out? Absolutely not. I could've told you that before they did it," Bettman said.

"Nobody had any doubt that there was fan interest in Quebec City." THE CANADIAN PRESS

IN BRIEF

Bubba blitzes the field for triumph at Hero Challenge

Bubba Watson was never seriously challenged at Albany Golf Club and sailed home to a 6-under 66 for

a three-shot victory over Patrick Reed in the Hero World Challenge. Watson didn't make a single bogey all weekend until the final hole. THE ASSOCIATED PRESS

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Carolina's Jonathan Stewart is tackled by Stephone Anthony and Hau'oli Kikaha of the Saints. SEAN GARDNER/GETTY IMAGES

Clutch Cam keeps Panthers perfect

NFL

QB Newton's five-pack of TD passes denies stubborn Saints

Cam Newton and the Carolina Panthers displayed composure in the clutch. That's what unbeaten teams do.

Newton passed for five touchdowns, capped by a 15-yard scoring strike to Jericho Cotchery with 1:05 to go, and the Panthers clinched the NFC South with a 41-38 victory over the Saints on Sunday.

"I expected us to win the football game," Newton said,

SUNDAY in New Orleans



adding he wasn't pleased by how tight the game got at the end against the reeling Saints (4-8), who've lost four straight. "We've got to find ways moving forward not to put ourselves in this position. This was a wakeup call for us. And moving forward, we know we can't just win games by us showing up."

Carolina, the only remaining undefeated team in the NFL, has the ninth 12-0 start in the Super Bowl era. The Panthers

have won 16 straight regular-season games, a streak that began in the Superdome last season.

Newton, who was 28 of 41 for 331 yards, twice had to lead the Panthers back from fourth-quarter deficits.

"That is one of the things that we get out of this that we will certainly build on, that (Newton) was able to win a shootout and take a drive in the fourth quarter to give us a chance," Carolina coach Ron Rivera said after capturing his third successive division title.

Drew Brees passed for 282 yards and three touchdowns. Saints linebacker Stephone Anthony returned a fumble 31 yards for a score, and also

became the first NFL player to return a blocked extra-point kick for 2 points. The league made a rule change to allow such plays this season.

Carolina led 27-16 after Newton's 13-yard pass to Devin Funchess, but New Orleans rallied to take a 31-27 lead on Brees' 54-yard TD to Brandin Cooks and 24-yard scoring pass to Brandon Coleman.

The Panthers went back in front on Newton's 45-yard pass to Ginn. But New Orleans answered with Mark Ingram's 9-yard run with 5:21 left, forcing Newton to put together one more touchdown drive.

He narrowly pulled it off to ensure the Panthers stay perfect. THE ASSOCIATED PRESS

+ EAGLES HAND PATRIOTS FIRST BACK-TO-BACK DEFEATS IN THREE YEARS



Tom Brady helped his team to a 14-0 lead before the Eagles came roaring back to win. MADDIE MEYER/GETTY IMAGES

Brady's boys trip up again

Eight days ago, the New England Patriots were thinking about an unbeaten season. Now the defending Super Bowl champions are trying to recover from their first back-to-back losses in more than three years.

Najee Goode scored on a blocked punt, Malcolm Jenkins returned an interception 99 yards for another

touchdown and Darren Sproles took a punt return all the way on Sunday before the Philadelphia Eagles held on for an improbable 35-28 victory over the Patriots and Tom Brady.

The Patriots took a 14-0 lead before Philadelphia scored five straight touchdowns. New England (10-2) tried to launch a fight back but it fell short. THE ASSOCIATED PRESS

RECIPE Chicken Noodle Soup



PHOTO: MAMA VINNYE

Ceri Marsh & Laura Keogh
For Metro Canada

It's not just grandmas who will tell you that a bowl of chicken noodle soup will fight off a cold — science has proved it! Plus, there's nothing more comforting on a cold night.

Ready in
Prep time: 30 minutes
Serves 8

- Ingredients**
- 2 Tbsp olive oil
 - 1 onion, diced
 - 3 cloves garlic, minced
 - 2 carrots, diced
 - 2 celery stalks, diced

- 1 Tbsp thyme (fresh or dried)
- 1 bay leaf
- 2 x 940 ml containers low-sodium chicken stock
- 250g noodles
- 1 1/2 cup cooked chicken (poached or use leftovers)
- Salt and pepper to taste

Directions

1. In a large pot, sauté onion, garlic, carrots, celery, thyme and bay leaf in olive oil over medium heat until soft, about 6 minutes.

2. Add stock and bring to a simmer. Add noodles until just cooked. Add chicken. Check for seasoning.

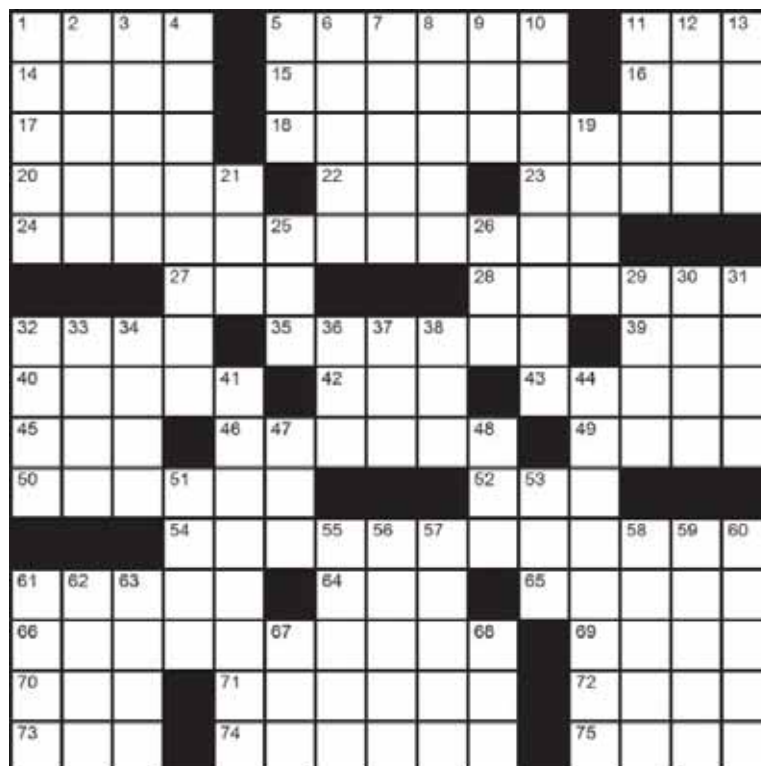
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ACROSS

- Celebrated caped Count, curtly
- 'The Father of Independent India', Mahatma _ (b.1869 - d.1948)
- Carrie Underwood honour, e.g.
- Ontario's Casino _
- Treasures
- Rowboat steerer
- 'U' of ICU
- Their crafts are celebrated at the Bata museum in Toronto
- Inklings
- "Notes _ Scan-dal" (2006)
- Overly feast
- Perturbed
- Select
- Firstborn
- Ointment
- Backpackers' lodging
- Mr. Tolstoy
- Accused's defence
- Teensy
- Ore evaluation
- Zodiac species
- Handle
- Checks for accuracy
- Had heavily hopes
- Alphabetic trio
- Canadian groups The Diamonds or The Crewcuts: 2 wds.
- One-of-some going up/down
- Lionel Richie's "Stuck on _"
- Gloria Bunker's mother
- _ nose (Actor's looks-changer)



- Pace
- Diving bird variety
- _ Teagarden (Fictional librarian/sleuth of murder mysteries)
- Atomic Number 92, for short
- "Sure thing."
- Smaller in importance

- Graduate
- The Amazing _ (Toronto-born magician/skeptic)
- Vivienne's friends
- Burial chamber beneath the city

- Vehicle's energizer
- Type of specific-purpose committee 2 wds.
- Peter of Hermit's Hermits
- Gloom
- Tailoring alteration site
- Spanish queen

- called 'The Catholic' (b.1451 - d.1504) who was a backer of explorer Christopher Columbus
- Filmmaker brothers Joel or Ethan
- Ms. Helgenberger
- "Come on, Dover, move yer bloomin' _"
- Eliza goading a racehorse in "My Fair Lady" (1964)
- Scottish captain of 17th-century seas
- Soak
- _ degree
- Gridiron support
- "So what _ is new?"
- Flyer's spot
- Santa's sack stash
- Poet
- Axillary
- 'L' of household cleaning brand CLR
- Newman's _ (Salad dressing brand)
- Home of baseball's Mariners, briefly
- Young sheep
- Legendarily long living/lasting
- _ Islands (Arctic Ocean archipelago in Nunavut)
- Airport tower [acronym]
- French coin of yore
- Notice: French
- "Lost" star, Daniel _ Kim
- _ Rock (Oz postcard photo)
- Tennyson poem, The _ Eaters
- About 25 sheets of paper
- Lady's crown
- Singing legend Ms. James'
- Afterwardses
- _ or neuter
- Loyal
- Says it's hunky-dory
- Tint
- Ford fabrication

★ IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
There will be a certain amount of confusion this week, and maybe deliberate deception as well. Part of you instinctively knows the answers so listen to it you won't go far wrong.

Taurus April 21 - May 21
You seem to be immensely popular, most likely due to the influence of Venus moving through the relationship area of your chart. So long as you don't take liberties others will do almost anything for you.

Gemini May 22 - June 21
Your mind is focused on personal issues and until you have got them sorted out you won't be able to give the professional side of your life the attention it requires.

Cancer June 22 - July 23
Cosmic activity in your fellow Water sign of Scorpio gives you the kind of can-do attitude that will get jobs done. But you find time to remind loved ones how much you care.

Leo July 24 - Aug. 23
Don't let feelings get in the way of facts today. The Moon's eclipse of Venus in one of the more emotional areas of your chart means you won't be thinking straight, so keep your opinions to yourself.

Virgo Aug. 24 - Sept. 23
Someone you meet on your travels could have an unexpected effect on your emotions. Be careful how you behave — what seems like a fling to you may be taken seriously by them.

Libra Sept. 24 - Oct. 23
Money and status may be important to you but no matter how successful you are the most important things in life are your relationships. You are rich in love and that's what counts.

Scorpio Oct. 24 - Nov. 22
Don't let anything stop you from having fun. Others may say you're being irresponsible but the more you let your hair down now the more work you will get done later.

Sagittarius Nov. 23 - Dec. 21
It may seem as if the most interesting events are taking place elsewhere but is that true or is it just that you fear being left out? Don't worry. You will find the balance between getting work done and having fun.

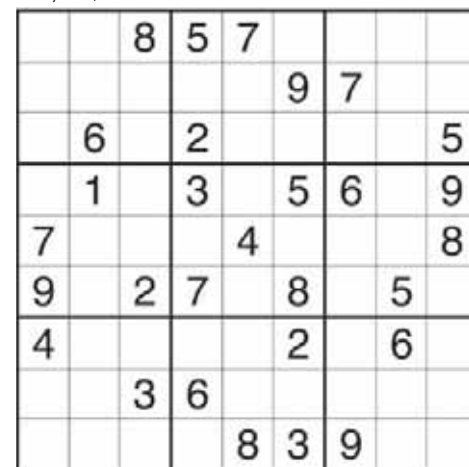
Capricorn Dec. 22 - Jan. 20
You can afford to be generous as the new week begins, especially when dealing with people who have not been as fortunate as you. Remember to try not to judge others too harshly.

Aquarius Jan. 21 - Feb. 19
If someone tries to abuse their authority today you must not let them get away with it. Find ways to let them see that they have let themselves down. Shame is a powerful weapon.

Pisces Feb. 20 - March 20
Strike out in a new direction. Don't think about it or you will come up with a thousand reasons for not moving forward. Just act and deal with the consequences later.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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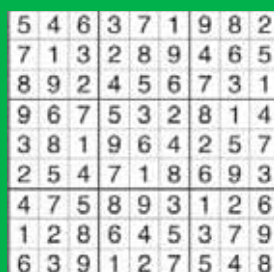
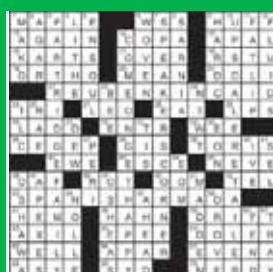
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